THE

Hindu Message

A Weekly Review of Indian and World-Problems from the Hindu Standpoint.

Medical Supplement

'चिकित्सितात्पुण्यतमं न किञ्चिदपि शुश्रुमः'। 'बिभेत्यल्पश्रुताद्वेदो मामयं प्रहरिष्यति'

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NOTES AND COMMENTS.

In his book, *Eugenics and Other Evils*, G. K. C., says:—Eugenists, strange to say, have fathers and mothers like other people; and our opinion about their fathers and mothers is worth exactly as much as their opinions about ours. None of the parents were lunatics, and the rest is mere likes and dislikes. Suppose Dr. Saleeby had gone up to Byron and said, "My Lord, I perceive you have a club-foot and inordinate passions: such are the hereditary results of a profligate soldier marrying a hot-tempered woman." The poet might logically reply (with characteristic lucidity and impropriety), "Sir I perceive you have a confused mind and an unphilosophic theory about other people's love affairs. Such are the hereditary delusions bred by a Syrian doctor marrying a Quaker lady from York."

* * *

Mr. Chesterton asserts that we are living under a materialist-scientific tyranny:—The creed that really is proclaimed not in sermons but in statutes, and spread not by pilgrims but by policemen—that creed is the great but disputed system of thought which began with Evolution and has ended in Eugenics. Materialism is really our established Church; for the Government—will help it to persecute heretics. Vaccination, in its hundred years of experiment, has been disputed almost as baptism in its approximate two thousand. But it seems quite natural to our politicians to enforce vaccination; and it would seem to them madness to enforce baptism.

* * *

The doctor is to the modern world what the priest was to the mediaeval world, but while all mediaeval priests held practically the same faith, no two modern doctors agree, and the risk of the average man is evidently much greater. Everyone who has known as many kind and capable doctors as I have known that the ablest and sanest of them have a tendency to possess some little hobby or half discovery of their own, as that oranges are bad for children, or that trees are dangerous in gardens or that many more people ought to wear spectacles. It is asking too much of human nature to expect them not to cherish such scraps of originality in a hard, dull, and often heroic trade. But the inevitable result of it, as exercised by the individual Saleebys, would be that each man would have his favourite kind of idiot. Each doctor would be mad on his own madman. One would have his eye on devotional curates; another would wander about collecting obstreperous majors; a third would be the terror of animal—loving spinsters, who would flee with all their cats and dogs before him.

* * *

Oranges prepared in the following manner have proved a good preventive against influenza and other slight fevers. Cut some oranges crosswise, spread each half with a good salt-spoonful of fine salt, stand them up on a plate, cover with a bowl, and leave in cool place all night. Eat first thing in the morning, or begin the breakfast with them. They do not sound very tasty, but really are excellent,

* * *

Materia Medica, Therapeutics and Pharmacology are very vast and important subjects of study for an Ayurvedic student. The pharmacology as mentioned in Ayurveda is scientific and ingenious. Several tests are to be applied to the drug in question, and particular results of the tests are to determine the particular therapeutic value of the drug. It is worth-while mentioning here that the therapeutic values as described in standard Ayurvedic works, of drugs that are at present used by western scientists, have even after their pharmacological tests, remained unchanged, unless the mode of preparation is so altered as to materially affect their active principles.

How to Live to a Ripe Old Age.

By Dr. S. L. Katzoff,, M.D., L.L.B., Ph. D.

Eminent Physician ; President of the Connecticut Medical Liberty League ; Author of "Timely Truths On Human Health," etc.

[We are enabled to give below a chapter from the writer's *Timely Truths on Human Health*, by his kind permission :—Editor, *H. M.*]

Past and Present Modes of Living Compared.

Methuselah, of biblical fame, lived to be nine hundred years of age. When one takes into consideration the natural mode of living at that time, the healthy parentage and ideal environment, one begins to actually believe it. Picture a period of human history where no one had to worry about losing his job, or finding one; when adulterated food, poor combinations of food, gluttony and hasty eating in order to be "on time" did not exist; where conventional lies and hypocrisy did not prevail; when cheating and exploitation were not popular; when mere possession of wealth did not give one prestige, presidency in a lodge or a political office; when no one laughed at you if your nails were not manicured, if your hair was parted in the middle and if you did not enjoy arch-breaking high heels, tight corsets, stiff collars, belts and clothes worshiping generally. Picture that society where fresh air was uncontaminated by the factory smoke, where one was surrounded by golden sunshine instead of our present brick tenement which is air-tight and productive of tuberculosis; a society where constipation did not exist; a society where abusive habits such as smoking or chewing skunk weed, booze guzzling, animal-flesh eating, sexual debauchery, palate-tickling with artificial sweets and stimulants did not exist; a society in which it was not even stylish to sever relationship with your appendix; in other words, as society where one was himself instead of the next follow; where the incentive to false modesty, whinining, pleading, begging, stealing, abusing, maligning, and the trinity of profit, interest and rent, have not yet made their debut; where one went to sleep with a clear conscience and a clean body when the sun went down and waked in the morning with the break of day, when the sunlight beckoned beyond the horizon; when a day's work well done had earned a night's repose.

In such an age it was possible for men and women—and they *were* men and women in the real sense of the term—to prolong youth with all its natural joy and blessing and defer old age indefinitely. But today, in our boasted civilisation, where nobody is sure of his tomorrow; where the landlord, butcher, "boss," iceman, milkman, next-door neighbour, friend, competitor, doctor, lawyer and minister must all be accounted to and reckoned with; where after a hard day's toil one is too exhausted to "dabble" in real art, music, literature, history, philosophy or cultural interests of life; where the "movies" become the poor man's opera; where woman is not only a slave to fashion and society, but the slave of a slave; where men exterminate themselves and each other by means of war, hatred, debt, patent medicines, vaccines, haste and the eternal mad rush for mere existence—in our busy era it is hardly possible to maintain any degree of health or prolong youth to maturity, much less attain a ripe old age. Men and women today become old, anatomically speaking, while they are still young.

Early symptoms.

The first symptoms of old age should not appear before the fiftieth year or more. There are, however, sad to say, many persons on the border line of thirty or younger who begin to show symptoms of senility or old age. Just look at those who complain of falling hair, gray hair, loss of teeth, wrinkles in the face, corpulence, cold extremities, weakened memories, depressed minds, impotence and other such abnormalities. The question arises : Is it possible to overcome these ?

Chemical and Physical causes of old Age.

The chemical and physical changes that take place in our bodies resulting in what is termed old age are due specifically to the accumulation of hardening and irritating substances of a fibrinous, gelatinous and earthy material in the system. Every organ in the body, during old age, is more or less prone to ossific or bony deposits. The earthy deposits consist mainly of phosphates and carbonates of lime in combination with other calcareous salts. These bony and stony deposits accumulate in our bodies from early youth. After middle age they begin to interfere with normal functions of certain organs, cause imperfect circulation, harden heart structure and blood vessels and block them with calcareous or limey substances. Normal elasticity thus gives way to senile rigidity.

Foods Producing Deposits.

It is sad but true that almost everything we eat contains calcareous or limey matter to a greater or less degree. Bread, "the staff of life," deposits large quantities of these salts in our blood stream. In fact, all nitrogenous foods, such as meats and fish, contain a large percentage of calcareous or earthy matter. A diet omitting meats, starches and stimulants should be preferred. In fact, the more simple and natural the food, the better one's state of preservation. Hence a diet composed chiefly of fruits, nuts and vegetables is best adapted for the prevention or suspension of ossification, which irritates and clogs up the functionary portions of the kidneys, heart and lungs, causing premature old age.

Foods.

First and foremost, moderate eating should be adopted as a preventive measnre for retarding the advent of senile decay. Large eaters dig their graves very rapidly. It is better to eat often, consuming small quantities, than to overeat in one or two heavy meals and boast to friends of eating only "one meal" a day. If possible no animal food should be eaten. No animal other than human has his food cooked or applies fire to it; and there is no being so unhealthy as man. *No matter what food you eat, the more raw the food the better for your health.*

Distilled Water.

One of the great secrets for preventing old age, or keeping "old age matter" out of the system, is *drinking plenty* of *distilled water* (the process of distillation being that of separating volatile from fixed parts, in any liquid, by heat). Most water that we drink is not pure. Even fresh rain water absorbs filth from the air and from other objects with which it comes in contact and is therefore contaminated. If, such water, that holds in solution

mineral solids or impurities, be taken into our systems it is but natural that the filthy or earthy deposits accumulate in our systems. In order to get rid of this stony matter in the water it must be distilled. Whereas the impure water leaves solids or irritable matter in the walls of our blood vessels, the distilled water gradually absorbs and washes out the deposits already in the body.

Summary of Rules.

To avoid premature death and to prolong life, as well as to live to a ripe old age, consider the following precepts:

Live as much as possible in the *open air*, breathing deeply and regularly through the nostrils.

Take plenty of *exercise*, considering, however, the condition of the body at the time. When walkink or riding in the open prefer the sunny side. Always welcome the sunshine. If for some reason exercise cannot be taken, then massage movements should be had regularly as a means of promoting circulation of the blood stream.

Take baths as often as possible. A Turkish bath occasionally, if one is not too weak, is of benefit.

Let *Early to bed and early to rise be your maxim.* See to it that there is sufficient ventilation from open windows or doors. Sleep in a darkened room and remember that too much sleep is sometimes worse than not enough. No adult should sleep less than six or seven hours nor more than eight hours, unless ill. Do not cover your head as though Old Bogy was going to catch you, and do not use too much covering. If cold, keep the feet warm with a hot bottle.

Take at least one day's complete *rest* each weak. It matters not what day is selected. Any day looks good to mother nature.

Drink plenty of water— *distilled water.*

Let the *diet* consist mainly of fruits, nuts and vegetables—If milk is desired, be sure it is raw milk (not pasteurized). If dairy products are eaten they should be taken in moderation. And by the way, do chew your food a little more slowly.

Partake of no *coffee, tea* or *tobacco.* They are drugs and should be taken under the directions of a physician.

Partake of no *stimulating concoctions* such as beer. whiskey, wine and the like.

Fasting occasionally is most wonderful restorative and an aid to health and long life.

See to it that your *bowels operate* daily. Plenty of clean water and fruits will usually be sufficient, although bran muffins and prunes may sometimes be of service.

Do not take medicines at random, especially patent medicines. If you really think you need them, consult a physician.

The natural clean and health-promoting *vaccines* and *serums* are fresh air, sunshine, good food, clean water, exercise, clean thinking and interest in one's work.

Do not uphold *autocracy in dress.* In other words, do not make a hatrack or clothesline out of your body. Underwear should be light and one suit is sufficient no matter how cold. Wear a lightweight hat, if any.

Do not wear *tight shoes* because it is "stylish" or because the chiropodists want more cases of corns and bunions.

Do not read by *imperfect light*, nor in street cars, trains or jitneys. Think many times before undergoing a surgical *operation.* Surgery, in its place, is a wonderful aid in relieving thousands from suffering, and even in saving lives, but it is over done. Many times a little more patience, giving nature a chance and applying eliminative and simple methods of treatment would prevent the "cutting."

Get married only if you love. Marriage not based upon love is a desecration of the term. And remember this: Avoid sexual excess, for it is more harmful than sex starvation.

Try hard *not to worry* or become emotional about things which cannot be helped. Do not carry hatred or malice in your heart against any person, no matter how he has offended or injured you. Either forgive him or forget him. When one is angry or harbours irritable thoughts or is revengeful he creates toxins (poisons) in his system and thereby disorganizes his vitality and injures himself; hence do not think harmful thoughts.

The fewer modern luxuries you have to contend with, such as diamonds, automobiles and the like, the longer will you live.

Develop a hobby if you haven't any.

Do not rush for gold—if you want to be a centenarian.

Develop cheerfulness and optimism.

Do something useful as long as physically and mentally able. Be interested in some human welfare, for it keeps one thinking of something other than himself. This is in itself a remedey and at the same time there is the wonderful psychic feeling of having done good to somebody.

Any one who will make an effort to live up to the principles given in this chapter and who will take into consideration other health principles, outlined throughout this book, unless organically defective at the time, can be young at fifty, normal and active at seventy-five, and fairly comfortable at one hundred.

The Parasites of the Bacteria of Disease.

A Medical Correspondent writes in the "Manchester Guardian":—

Dr. F. d'Herelle, of the Pasteur Institute has recently published a monograph on the result of experiments dating from 1917 and his conclusions derived from them. If his thesis can be upheld and is confirmed by other workers in the same field, it is not too much to say that all our doctrines as to immunity and its mechanism will be revolutionised and a new chapter in biology itself will be inaugurated.

Dr. d'Herelle believes he has demonstrated the existence of ultra-microscopic filter passing organisms which are parasites of the bacteria of disease, and are themselves the cause of epidemic disease among the micro-organisms which produce disease in man and the higher animals. He describes the characteristics of culture of these organisms and

their methods of destroying bacteria. He professes to show how bacteria produce in themselves anti-toxins to combat the attacks of those foes which he has christened "bacteriophages" and how bacteria may even establish immunity in themselves and become "carriers" of the bacteriophage, just as healthy human beings may become infective "carriers" of diphtheria or enteric fever germs.

If true, this theory would explain how it is that the human or mammalian individual does not succumb to the attacks of disease germs during the period that must elapse before the blood and tissues have developed their defensive mechanism.

As those bacteriophages can only live in the presence of the bacteria on which they prey, it is not at once apparent how they can be artificially mobilised for our defence, but it is comforting to learn that they are at least as ubiquitous as are the germs of disease. If their presence and supposed function should be finally demonstrated, this would have a very practical bearing on the question of the use of antiseptics in medicine and surgery, and might account for many puzzling failures.

It may become the object of the pharmacologist to discover a substance which will be lethal to the bacillus, but harmless to the bacteriophage. When that is found, it willl perhaps prove to be the "elixir of life."

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